What is claimed is:

1. A herbal composition for the prevention and treatment of dementia comprising 10-50 weight parts of *Polygoni multiflori Radix* and at least three components chosen from 5-20 weight parts of *Poria*, 2-20 weight parts of *Aurantii nobilis Pericarpium*, 1-5 weight parts of *Glycyrrhizae Radix*, 1-10 weight parts of *Pinelliae Tuber*, and 1-10 weight parts of *Zingibreis Rhizoma*.

2. The herbal composition according to claim 1, further comprising at least one component chosen from 1-10 weight part of *Polygalae Radix*, 1-10 weight parts of *Caryophylli Flos*, 1-15 weight parts of *Arisaematis Rhizoma*, 1-15 weight parts of *Gastrodiae Rhizoma*, 1-10 weight parts of *Acori Graminei Rhizoma*, 1-15 weight parts of *Ostericum Koreanum* or *Curcuma Longae Rhizoma*, 1-8 weight parts of *Caulis Phyllostachyos* or *Folium Phyllostachyos*, 1-8 weight parts of *Bombycis Batryticatus*, 1-8 weight parts of *Fructus immaturus ponciri*, 2-20 weight parts of *Cyperi Rhizoma*, and 1-10 weight parts of *Saussurea Radix*.

3. The herbal composition according to claim 2, wherein the herbal mixture of 10-50 weight parts of *Polygoni multiflori Radix*, 1-15 weight parts of *Gastrodiae Rhizoma*, 1-10 weight parts of *Acori Graminei Rhizoma*, 1-15 weight parts of *Ostericum Koreanum* or *Curcuma Longae Rhizoma*, 1-8 weight parts of *Caulis Phyllostachyos* or *Folium Phyllostachyos*, 1-8 weight parts of *Bombycis Batryticatus*, 1-8 weight parts of *Fructus immaturus ponciri*, 5-20 weight parts of *Poria*, 2-20 weight parts of *Aurantii nobilis Pericarpium*, 1-5 weight parts of *Glycyrrhizae Radix*, 1-10 weight parts of *Zingibreis Rhizoma* is extracted by the conventional extraction.

4. The herbal composition according to claim 1, wherein the herbal mixture of 10-50 weight parts of *Polygoni multiflori Radix*, 1-10 weight part of *Polygalae Radix*, 1-

10 weight parts of *Caryophylli Flos*, 1-10 weight parts of *Zingibreis Rhizoma*, 1-10 weight parts of *Arisaematis Rhizoma*, 1-10 weight parts of *Gastrodiae Rhizoma*, 1-8 weight parts of *Acori Graminei Rhizoma*, 1-10 weight parts of *Curcuma Longae Rhizoma*, 1-8 weight parts of Folium Phyllostachyos, 1-8 weight parts of *Bombycis Batryticatus*, 1-8 weight parts of *Fructus immaturus ponciri*, 5-10 weight parts of *Poria*, 1-10 weight parts of *Pinelliae Tuber*, 2-10 weight parts of *Aurantii nobilis Pericarpium*, and 1-5 weight parts of *Glycyrrhizae Radix* is extracted by the conventional extraction.

5. The herbal composition according to any one of claims 1 to 4, wherein said composition is extracted by the conventional extraction using water or alcohol.

6. The herbal composition according to any one of claims 1 to 4 as effective components for the prevention and treatment of dementia.

7. The herbal composition in according to claim 6, wherein said composition is formulated as various dosage forms such as pellets, extract liquid preparations, powders, granules, infused preparations, decocted preparations, tablets, capsules and parenternal preparations.

8. A nutritional supplement food according to any one of claims 1 to 4 as effective components for the prevention and treatment of dementia.

9. The nutritional supplement food according to claim 8, wherein said composition is formulated as various dosage forms such as pellets, extract liquid preparations, powders, granules, infused preparations, decocted preparations, tablets, capsules and parenternal preparations.